Our mission is to build a proactive future of health self-care through exemplary services that educate, entertain, build community, and inspire lifelong maintenance.

Fitness Mission
GFIs have fun.
GFIs create safe & welcoming fitness environments.
GFIs are high energy!
GFIs are leaders and role models on campus.
GFIs are inclusive to various fitness levels.
GFIs are committed to learning.
GFIs motivate & build rapport.
Requirements to become a GFI:

1. Complete and turn in a written application
2. Pass a movement audition
   a. No Hire
   b. Assistant
   c. Instructor
3. Complete UREC Instructor training (ACE-general) AND format specific training.
   a. The weekly hourly commitment ranges anywhere from 2 hours to 5 hours per week of non-paid training.
4. Pass 2nd movement evaluation to obtain instructor status.
The application should be turned in before your movement audition by email or dropped off in person at the SRC.

To access the application visit fitness.appstate.edu, then select “Group Fitness” -> “Become a Group Fitness Instructor!” then the downloadable PDF titled “Group Fitness Audition Application 2017-2018.”
Auditions are scheduled through the Assistant Director for Fitness via email to dickeygb@appstate.edu

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<thead>
<tr>
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<th>Time</th>
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<tbody>
<tr>
<td>Sunday, 11/12</td>
<td>12pm-3pm</td>
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<tr>
<td>Friday, 11/17</td>
<td>4:30-7:30pm</td>
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Assistant vs. Instructor

Note: No Hire* An audition does not guarantee a position, however, we will give you feedback so you can better prepare should you choose to audition again later.

Assistants- spend at least half a semester learning and co-teaching classes with an experienced instructor.

Instructors- lead classes on their own and get higher pay.

ACE Certified Instructors- get priority scheduling
In-house UREC Instructor Training: The ACE Course

This course runs one day per week from 8-12 weeks and covers everything a GFI needs to know when instructing large group fitness experiences at UREC or off-campus (optional certification). The Spring ‘18 times will be scheduled by mid-December and will be based on when the majority can meet.

Before receiving the role of instructor you must pass the instructor exam (general) and one quiz for each format you desire to instruct.
Format Specific Training

Some formats require more time to learn and thus have more training involved. These include but are not limited to all yoga formats, pilates, cycle, and strength-based classes.
The Audition

You will be given 10 minutes to audition.

Break this time down to a 1-2 min warm up, 3-5min conditioning segment, and 1-2 min cool down.

You may be stopped before your time is out.

Your participants may be current GFIs or others auditioning.

Plan to arrive 15 minutes prior to your scheduled audition time to participate in at least one other person’s audition.
Nailing The Audition

1. Start with motivating music that makes you want to move and is appropriate for the format (hint: The more your movements are on-beat or match the music the better the experience).
2. Do your research: prepare exercises and practice beforehand. Youtube is a wonderful resource!
3. Give regressions and progressions.
4. Face the audience.
5. Look the part.
6. Smile and have fun.
Staying on as a GFI

1. Attend required mandatory meetings (normally one at the beginning* and end of each semester)
2. You’ll be evaluated on your job performance (at least) once per semester.
3. Attend once per semester 1:1 with ADF
4. Acquire necessary in-services to teach the following semester/stay on.

*The mandatory meeting at the beginning of each semester will take place BEFORE academic classes, therefore, would require you to come back to Boone up to a week early.
Stay in touch! #appstatefitness